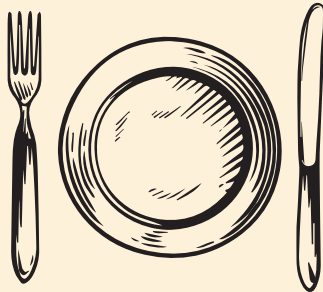


# why eat more seasonal veg?



In Scotland, on average we eat 2.5 portions of veg a day, as opposed to the now recommended 7 portions of veg & fruit each day. Veggies provide lots of vitamins and minerals and good fibre to keep our bodies happy and healthy.

Why eat seasonally? As veggies get older, they lose their flavour and nutrient value. Young fresh veg picked straight from the garden is packed full of flavour. We're all so used to just buying what we see in the supermarket, but mostly it's imported from other countries; these big food miles generally increase the food's carbon footprint.



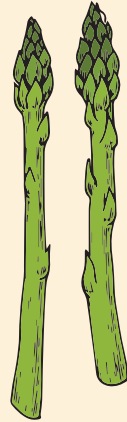
# spring



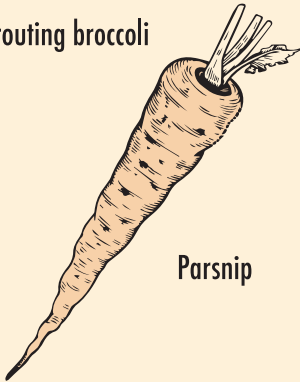
Purple sprouting broccoli



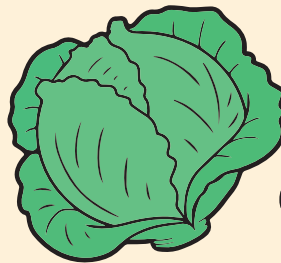
Kale



Asparagus



Parsnip



Cabbage

## CREAMY BROCCOLI PASTA

4 PORTIONS

20 MINUTES

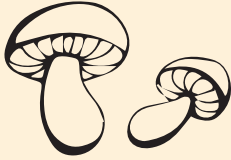
### INGREDIENTS

300g purple sprouting broccoli  
3 cloves of garlic  
50g butter  
40g flour  
570ml milk  
cheddar cheese  
300g pasta

### INSTRUCTIONS

Chop and then boil the broccoli until tender. Make a white sauce by melting the butter, adding minced garlic for 30 seconds and then the flour, stirring constantly for another minute or so, until it smells nutty. Add milk a little at a time and whisk until you have a smooth sauce. Add some grated cheese at the end and allow to melt into the sauce. Blend broccoli (or just mix into the sauce) and serve with any pasta of your choice. Add some roasted asparagus on the side. Kids love this recipe!

# summer



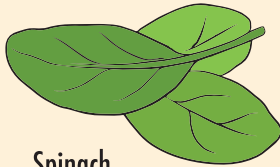
Mushroom



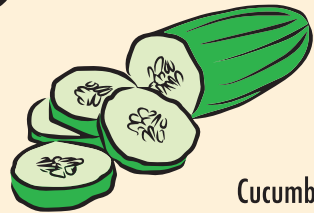
Tomato



Garlic



Spinach



Cucumber

## SPINACH & MUSHROOM PANCAKES

2 PORTIONS

40 MINUTES

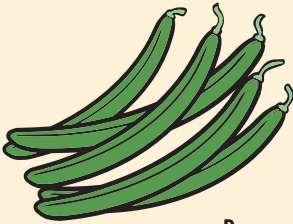
### INGREDIENTS

125g plain flour  
300ml milk  
1 egg  
1 clove garlic, crushed  
200g mushrooms, sliced  
75g baby spinach  
75g soft cheese with garlic and herbs

### INSTRUCTIONS

Preheat the oven to 190°C. Heat some butter in a pan. Fry the garlic and mushrooms, stirring occasionally for 4 mins. Add the spinach, then add the cheese and stir until melted. Mix the flour, egg and milk to a batter and cook into two pancakes. Divide the mushroom and spinach mixture between them then roll them up and bake for 15 minutes in the oven. Serve with some sliced tomatoes and cucumbers on the side. This is perfect for a Sunday brunch!

# autumn

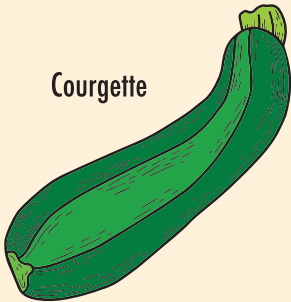


Runner beans

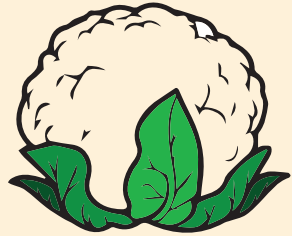
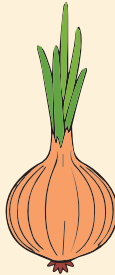


Pumpkin

Courgette



Onion



Cauliflower

## ROASTED PUMPKIN SEEDS

4 PORTIONS

35 MINUTES

### INGREDIENTS

One medium pumpkin  
Salt  
Rapeseed oil

### INSTRUCTIONS

Preheat the oven to 200°C. Cut the pumpkin, scrape out the seeds, rinse and pat dry. Spread seeds on a baking tray and toss in oil to coat. Season to taste. Bake on the top rack until the seeds begin to brown, 5-20 minutes, depending on the size of the seeds.

Tip: Start roasting the pumpkin at the same time as the seeds to save energy. Makes a really good side dish or add to a curry.

# winter



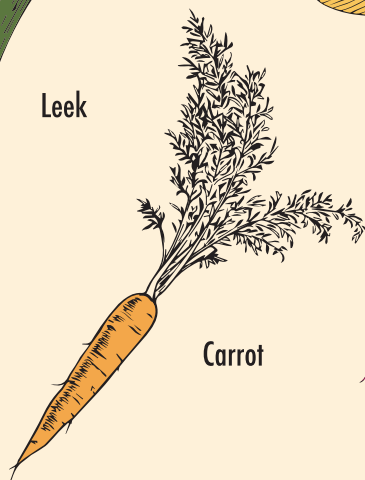
Leek



Swede



Brussel sprouts



Carrot



Beetroot

## WINTER ROAST VEG

6 PORTIONS

1 HOUR

### INGREDIENTS

350g carrots  
350g leek  
350g beetroot  
350g swede  
350g brussel sprouts  
1 tsp chopped mixed herbs  
3 cloves of garlic

### INSTRUCTIONS

Preheat the oven to 200°C. Wash, peel, chop and mix all ingredients into a baking dish, add some salt, pepper and oil. Toss them to coat and roast them in the oven for 25-35 minutes until all the vegetables are tender, turning once. Put them in a bowl and add any dressing of your choice.

Enjoy & share it with a friend.



# shopping tips

Use the acronym '**LESS**' to help you shop more sustainably.

**L**

**LOCAL:** Crops grown locally are more likely to be in season and fresher. When you buy locally you are part of a short supply chain and contributing to the local economy.

**E**

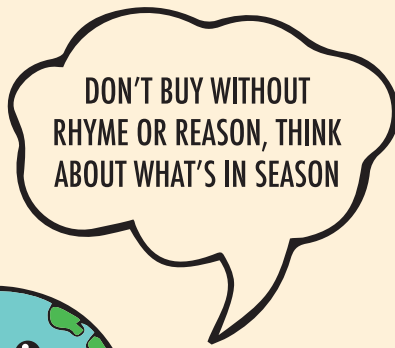
Think about the **ENVIRONMENTAL** impact of your food. Local produce has fewer food miles and needs less packaging to stay fresh. It also uses less energy in transportation and refrigeration.

**S**

Eat food that is **SEASONAL**. Food grown in season will be at its freshest and most nutritious. It is also more likely to require fewer inputs (energy, fertiliser etc.). Local, seasonal food usually has the lowest carbon impacts.

**S**

**SUSTAINABLE:** Plan ahead and buy what you need. Avoid two for one bargains if you're not going to be able to use the food, or check out the Zero Waste Scotland website to see how best to store food to extend it's life. Don't waste food!



Eating food that's in season has many benefits!

Produce that is transported a long distance has to be harvested early so it doesn't rot during transit. Whilst we could buy tomatoes all year round, they taste so much better in summer and have better nutritional content. Seasonal fruit and veg is more likely to be locally grown and picked closer to the time you eat it. This means it has more flavour and nutrients and fewer food miles.

Buying local, seasonal produce means that you don't foot the bill for the transportation and storage. This tends to be included in the cost of out of season foods.

Our demand for eating food out of season is putting strains on the environment at every point in the supply chain. It can be resource intensive to grow; using large volumes of water, fertiliser and energy. In transit the food requires energy as it will often need to be refrigerated along the way, packaged for the journey and then stored when it arrives.